

Mental Health Awareness Resources

Teens Health: Provides a safe place for teens who need honest and accurate information. This website provides resources on topic such as talking to parents about mental health, feelings and emotions and relationships. <https://teenshealth.org/en/teens/your-mind/>

National Alliance on Mental Health: Find resources for youth, including information on managing your mental health in college and making friends. Also learn how to recognize the signs of mental illness and help a friend get support.
<https://www.nami.org/Your-Journey/Teens-Young-Adults>

Helplines

Crisis Text Line: Visit <https://www.crisistextline.org/> or Text “START” to 741-741

National Suicide Prevention Lifeline : Visit <https://suicidepreventionlifeline.org/> or call 1-800-273-TALK (8255)

2ND FLOOR: A confidential and anonymous helpline for New Jersey's youth and young adults. They help you find solutions to the problems that you face at home or at school. Visit <https://www.2ndfloor.org/> or text/call 888-222-2228.

Self Esteem Resources

How Can I Improve My Self-Esteem? This article by *TeensHealth* discussed where self-esteem comes from and how to manage low self-esteem.
<https://kidshealth.org/en/teens/self-esteem.html>

Five Ways to Help Build a Sense of Self-Worth: Outlines five things that we can do to develop our strengths and lower levels of anxiety and perfectionism.
<https://www.mindful.org/five-ways-to-help-teens-build-a-sense-of-self-worth/>